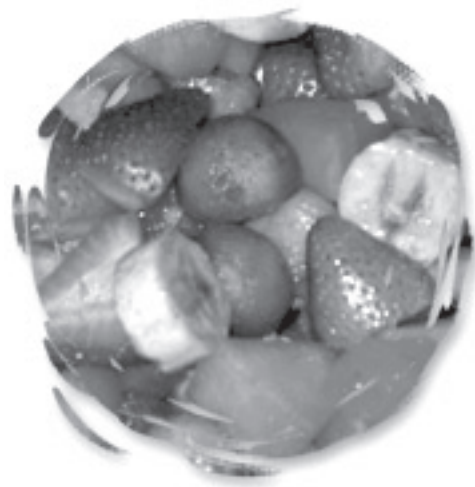


CHLADA FAKVA Fresh Fruit Medley

Serves 6

Ingredients:

½ cantaloupe, peeled, seeded, and cut into bite-size pieces
½ honeydew melon, peeled, seeded, and cut into bite-size pieces
1 cup strawberries, cut in half, stemmed, and washed
2 bananas, peeled and thinly sliced
5 seedless oranges, peeled and segmented
½ cup orange juice
juice of 1 lemon or ¼ cup lemon juice
1 tablespoon sugar
1 teaspoon vanilla extract
1 teaspoon cinnamon



Equipment:

Medium serving bowl
Small mixing bowl
Mixing spoon

Directions:

1. In medium serving bowl, carefully toss cantaloupe, honeydew melon, strawberries, bananas, and oranges
2. In small bowl, mix orange and lemon juice, sugar, vanilla, and cinnamon, and then pour over fruit. Toss gently, and refrigerate until ready to serve. Toss before serving.

Nutrition Facts Per Serving:

Calories 196
Cholesterol 0 mg
Fat 0.25 g
Sodium 21 mg



Algerian Recipe

Adapted from: Holidays of the World Cookbook for Students

AFRICAN GREENS in Peanut Sauce

Serves 6

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon garlic, finely chopped
- 1 onion, finely chopped
- 1 green pepper, cored, seeded, and finely chopped
- 1 pound fresh spinach or frozen, thawed
- 1 tomato, finely chopped
- 1/4 cup peanut butter (either creamy or chunky)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Equipment:

- Medium serving bowl
- Small mixing bowl
- Mixing spoon



Directions:

1. Heat oil in medium saucepan over medium-high heat. Add garlic, onion and green pepper, stir, and fry until onion is soft, about 3 minutes. Add spinach and tomato, and stir.
2. Reduce heat to medium, cover, and cook until spinach is tender, about 5 minutes. Add peanut butter and salt and pepper, stir, and heat just until hot.

Serve as a side dish or over rice.

Nutrition Facts Per Serving:

Calories 118
Cholesterol 0 mg
Fat 8 g
Sodium 308 mg



Burkina Faso Recipe
Adapted from: Holidays of the World Cookbook for Students

LEMON SQUASH

Serves 5

Ingredients:

- 1 cup lemon juice (approximately 5 lemons)
- 1 cup sugar
- 5 cups water

Equipment:

Juice jug/pitcher
Cutting board
Knife
Mixing spoon
Measuring cups (dry)
Measuring cup (liquid)



Directions:

1. Roll the lemons on a countertop to make them easy to squeeze.
2. Cut lemons in half on the cutting board.
3. Use the juicer to squeeze the lemons to get about 1 cup of juice. Remove any seeds. Pour the juice into the pitcher.
4. Add sugar to the pitcher. Stir.
5. Add water to the pitcher. Stir.
6. Refrigerate the lemon squash and serve cold.

Nutrition Facts Per Serving:

Calories 100
Cholesterol 0 mg
Fat 0 g
Sodium 0 mg



West African Recipe
Adapted from: A Good Soup Attracts Chairs - African Cookbook for American Kids